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VOL. XV. (New Series). JULY 13, 1905. No. 106.

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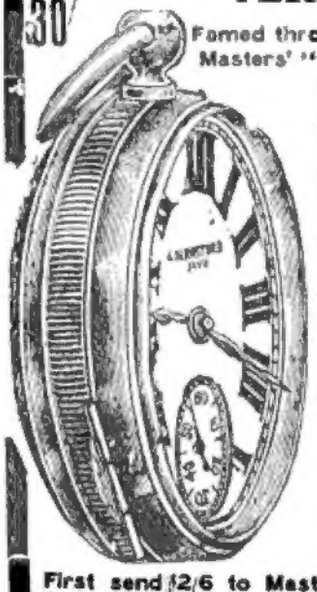

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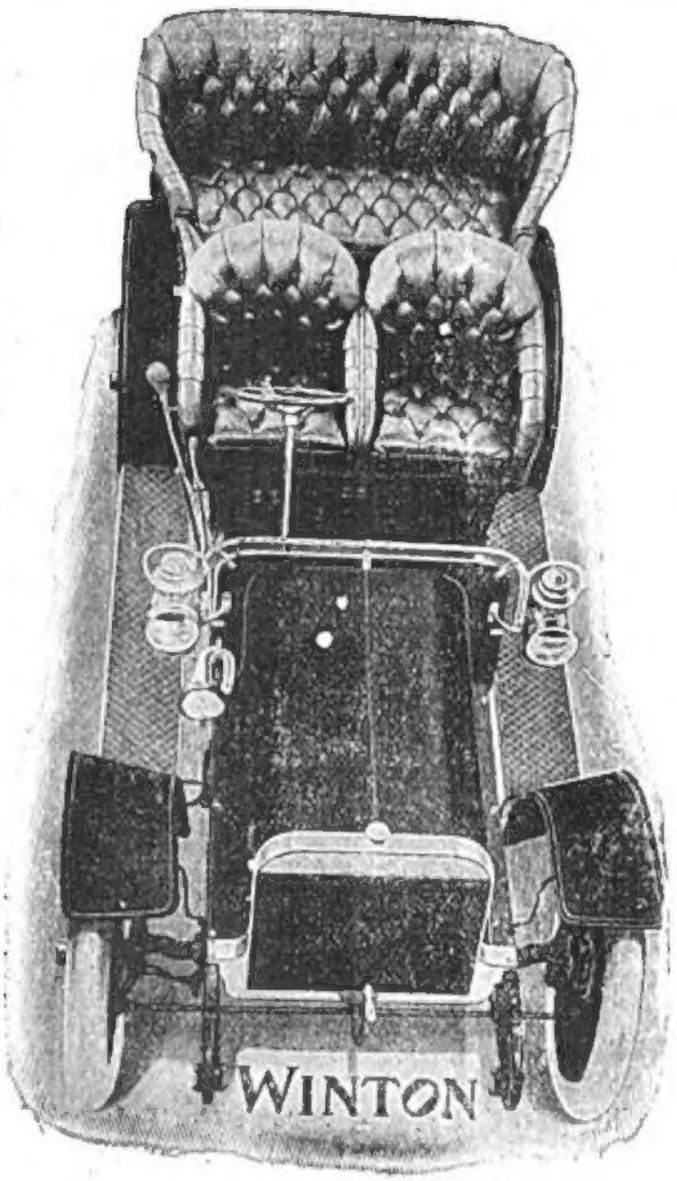

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Vol. XV. (New Series). JULY 13TH, 1905. No. 106.

Physical Culture.—What is "Muscle-bound?"

By EUGEN SANDOW.

A CORRESPONDENT recently wrote to me asking me to give him a proper definition of the expression "muscle-bound," and as, to do so, would take up far more room than could be spared, in another portion of the magazine I propose this week to devote the space at my disposal to a few remarks on that physical condition to which so many people at times refer, but without knowing exactly what that condition is. This is largely due to the fact that people for the most part are utterly ignorant of how the human frame is constructed and the laws governing it.

Ask a man what "muscle-bound" means, and the answer you will receive invariably implies that a man so afflicted labours under the disadvantage of not being able to use his muscles quickly, as the result of too great a development of muscles. Before showing the absurdity of this argument, let me briefly explain the general plan of the muscles and the way they work. All the muscles—that is, all the "voluntary" muscles—are arranged in pairs. Take one of my developer or dumb-bell charts, and you will see that the muscles of the upper arm comprise the biceps and triceps, the one being used in flexing and the other in straightening out the arm. Now, in order that these two actions may be properly accomplished, it stands to reason, does it not, that these opposing muscles must be

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equally developed? Should the biceps become largely developed to the detriment of the triceps, then the latter are unable to perform their proper functions, viz., to stretch out the arm, with the result that the biceps are continuously in a state of semi-contraction. The contraction of a muscle makes it shorter, and so the biceps become shorter, for, owing to the lack of power in the triceps, they are never properly drawn out, and consequently remain more or less permanently contracted; the tendons securing them also become shortened, with the result that unless a remedy is applied speedily the condition becomes permanent, and then a man is "muscle-bound."

Thus it is that a number of men with great muscular development suffer from this defect, which arises purely from unequal development. It is a condition brought about by the uneven application of exercises, by the adoption of movements which affect only a few muscles, and it is most common with the biceps simply because, as a rule, those muscles are brought frequently into play whilst the triceps are ignored. It is the natural order of things. Note the number of actions in every-day life even, which call the biceps into action, and compare them with those that make a call upon the triceps which are only required to be used for such movements as are of a pushing character. But these every-day movements do not affect us at present. It is either that deliberately or through ignorance, even when special exercise is taken, much more attention is usually paid to the biceps than to the triceps. This is a very common occurrence amongst followers of gymnastics, and you will find that it is largely from those who go in for gymnastics that the muscle-bound are recruited. There is no need why it should be so, for it is quite possible to adjust the exercises in the gymnasium so that nearly every muscle in the body may be equally and systematically developed. The fault lies in the fact that in the gymnasium a man takes a fancy to a particular branch of exercise, be it horse, bars, rings, or rope, and should he become smart at one or the other, devotes himself to the practice of tricks of the show order, in order that he may be able to exhibit his cleverness in this or that department at a display, and so secure the approbation of the onlookers. The useful but unattractive-looking exercises which would tend to build up his health and his body generally are neglected for effect. Take work on the horizontal bar for instance. If a man confines his attention to this branch of gymnastics alone he is almost certain to become muscle-bound, for unless he is capable of doing a lot of work above the bar in the shape of long arm balances, etc., he may exercise daily for months and yet hardly ever use his triceps. And so it is with all exercises and all parts of the body. Unless the exercises bring all the muscles equally into play, and all the parts of the body are not equally exercised, there is every probability of a man becoming muscle-bound. The moral therefore is obvious.

[ALL RIGHTS RESERVED.]

The Art of Wrestling.

By TOM BURROWS.

EDITED BY F. NEVILLE PIGGOTT.

VI.

[This interesting and unique series of articles, which commenced in our issue of June 8th last, will be found to contain much valuable advice for the beginner, as well as some most useful hints for those who have already mastered the art.]

FIGURE 21.

PROFESSOR PALMER. PROFESSOR BURROWS.

Describes a "buttock" and how to avoid it.

WE will now proceed to discuss the position shown in Fig. 17, which gives a good illustration of the position attained in the attempt to bring off a throw from a kneeling position, and also the method of countering by means of a leg stop. Presuming you have your opponent on his hands and knees, and you are on his right side, put your left arm under the right over him, and lift as shown in the photograph. But the man standing and endeavouring to drop his opponent on to his shoulders has made a mistake whereby the attacked is able to bring about the counter by putting on what is known as the "leg stop," *i.e.*, by bringing his arms over his head, and clasping them by the wrist under the attacker's right knee.

There is yet another counter to this move, which can be effected whilst still on the mat. When your opponent attempts to get on the under and over hold, and endeavours to lift you, turn sharply and assume a sitting position, from which you must be prepared to return to any ground position, or, should the chance be offered you, to gain the erect position.

Numbers 18 and 19 give such very clear and marked demonstrations of locks and stops to almost obviate the necessity of detailed description, but perhaps it would be as well to give the beginner a few hints in connection with them. The chief point in Fig. 18 is the illustration of the leg stop. When your opponent has got you in the position shown in the photograph, he will probably keep you "guessing" until you are thrown, or make a counter hold. In order to secure the hold and score a fall it is necessary to make a feint for a hold, and, slipping behind, secure a waist hold. Then, gripping your wrist, you apply pressure, lift, and bring your opponent down sideways. To make a counter before reaching

FIGURE 22.

Shows the result of a hip lock. The man on the ground has been thrown over the back and his shoulders are about to touch the mat.

the position shown it is necessary before being lifted from your feet to grip your opponent's elbows with your own, lean forward and go quickly on your hands and knees, taking your opponent with you, after which you roll him over on to his back, and in turn become the aggressor. The second counter is by applying the leg stop as shown in the illustration. By twisting your leg inside your opponent's, and passing your hands under his to bring about forward pressure, you make it very difficult for him to effect a throw, and at the same time are causing him to tire quickly, which will soon make him easy prey.

Fig. 19 shows another method of attack after escaping from a waist hold such as that shown in the preceding illustration. This is what is known as an elbow and hip lock, and is very effective. When your opponent has been endeavouring to get on a waist lock, from which you have escaped, grip his elbow with

FIGURE 23.

This shows a waist lock and the counter, which is a neck hold.

your right upper arm, turn sideways, and, making a hip lock, throw him over your hip. You will have to look sharp, or he will work to the front and secure the counter by working to the front and breaking your leverage by gripping his wrist with his disengaged hand and pulling you to the mat.

What should follow upon and be the result of the hip lock explained in the previous figure is realistically shown in Fig. 20, in which the photographer has secured a fine picture of what may be termed the middle of the throw. Here you see how the man thrown over the hip and shoulder has been brought at right angles with the attacker, who still retains his grip on the right arm at the wrist.

FIGURE 24.

A way of avoiding a fall, after having been thrown by a neck hold as in Figure 23.

There is one point which it is always well to remember when in the position of the attacked. When you are on the mat, and under, always think how best you can succeed in getting up or on top.

(To be continued.)

NOTE.—Through a Printers' error the descriptions in last week's instalment were made to refer to the figures 17 to 20, whereas they described the positions shown in figures 13 to 16.

London's Food.

* ■ *

"Two butters, one bread," repeated the waiter glibly, as he made a hasty hieroglyph on my bill, handed it to me with a yet more hasty "Thank you, sir—much oblige," and darted away in response to a regular customer's imperious "Albert!"

The scene was a busy restaurant in the heart of London's business "city," and the time that rush-and-scramble hour when every "city man" may be found taking in food. All around were silk-hatted men intent on nourishment, darting here, there, and everywhere, were perspiring waiters, bearing dangerous piles of dishes; much rattle of knives and forks and human voices. Dishes were emptied and seats vacated. A hasty flick by the waiter disposed of the last customer's crumbs; a clean knife and fork, more bread, and a fresh customer filled the vacancies, and hey, presto! off to go again.

I checked my bill, in spite of "Albert's" hasty figures. My bread, I saw, was responsible for a modest penny, my butter for two more. From what distant countries I wondered had come these two to meet through the medium of the waiter's introduction upon that City table! The supplies seemed plentiful enough, but my imagination took me to piles upon piles of penny rolls and circular pats of butter, one for each inhabitant of that huge county, and imagination staggered. Russia, India, Canada, Hungary, the States, and Austria all laid under contribution to make penny rolls! What a capacious mouth has this London which consumes more than ten million sacks of wheat yearly! Look at it in figures—10,000,000. Is it not a portentous meal?

I would sit awhile and ponder, and so ordered coffee, of which your Londoner takes increasing quantities, while the imports for the country remain almost stationary. Anon "Albert" brought me a little share of London's annual coffee heap—some 2,500 tons, equivalent to about 1¼ lb. a head. I poured in the smallest drop of a dubious-looking bluish fluid—London's milk. Its annual milk pail holds some 65 million gallons of milk—no, I checked the base interrogation as to water; that is only used to make up some seven million gallons of the fluid resulting from "condensed." "Butter" snorted my dear neighbour, briefly. I watch the waiter dive a fork into a bowl of water and extract a slab of oleaginous yellow—quaint fish indeed for such queer fishing. Fifteen pounds a year is a conservative estimate of a Londoner's need in that direction, 80,000,000 lb., nine-tenths of which is foreign. And what of substitutes? Margarine, "cooking" butter? I gasped at the mere thought.

From butter to eggs. New-laid eggs, fresh eggs, cooking eggs, and—eggs, as the lamented Dan Leno used to say. Here provision must be made for an extraordinary appetite, because each inhabitant of London county, man, woman, and child, accounts for some 80 annually—450,000,000 eggs of all four sorts—four hundred and fifty millions—or, if laid (apt expression for eggs) end to end, upwards of 10,000 miles of eggs annually, and equivalent at a penny each to a total egg bill of nearly £2,000,000—enough to strike terror into the heart of any housewife.

I sipped my coffee reflectively. Oh, for the chance of supplying this wonderful customer for but a day.

I saw my fishermen collecting the daily portion of the 20 million oysters, the 25,000 boxes of salmon, and the 200,000 tons of fish which stray to the London fish markets at Billingsgate and

Shadwell yearly. I pictured myself with lands, herds, and wealth of all kinds. I grew expansive; I ordered a second coffee. Half the salmon consumed in the Metropolis is Scotch, about one-eighth Irish, and about one-twentieth English, the remainder being supplied by the useful foreigner; good profit there, I thought. The foreigner only sends about 20,000 tons of fish, but a greater portion of the 80,000 tons of potatoes. Evidently there must be more Irish in London than the census returns allow! But what a glorious profit I would take out of that quarter million pounds butter bill, or the £650,000 which was to pay for some 7,000,000 bushels of fruit. Evidently the city dweller knows of the health-giving properties of fruit. Does he neglect that other healthy exercise, the cold bath? Could I be blamed for assuming that he didn't, with a water total of one hundred and twenty thousand million gallons? Surely they don't drink this, notwithstanding the infusion of 35 million pounds of tea? If tea drinking is a vice, as some people would have us believe, London must have a very bad attack.

And yet so huge a mouthful of that dry commodity, cheese, as 30,000 tons must need some washing down.

But stay, how would beer fulfil this last duty? 'Tis a thirsty London, for it needs, according to Mr. Charles Booth, six million barrels of beer each year to quench its thirst, and a barrel holds 36 gallons — seventeen hundred million "pints of bitter." What a river!

The city men around me were devouring steaks, joints, fish, chops, all with a healthy disregard for digestion. The huge needs of London troubled them not so long as immediate individual necessities were satisfied. Roast beef of old England—from America; Southdown mutton—from New Zealand; "Surrey" fowls—from Russia butchered to make a London luncheon hour.

> They served up salmon, venison and wild boars
> By hundreds, by dozens, and in scores.
> Mutton and fatted beeves, swan and bustard

—350,000 tons of meat, in short, they serve up only half of which comes from the British Empire, and none of which comes from Europe outside of these islands.

It was a pleasing picture I had conjured up; the world paying tribute in meat, meal, and malt for the hunger-satisfying of this great, overgrown London of ours. How seldom does this question of supply enter into the minds of visitors to London? How vividly do these figures bring home to us the huge unwieldness of this Empire City.

By now I had wandered far away in thought from my city restaurant. I was picturing vast armies of cows, of sheep, pigs, and fowls marching on London as if to overwhelm it, and yet being devoured as fast as they arrive. Anon I pictured all London laid out as one tremendous cornfield, and its five and a half million people singing the words of R. D. Blackmore:—

> The corn, oh, the corn, and the yellow mellow corn.
> Thanks for the corn, with our bread upon the board.

And yet quite futilely, for the whole area of London if cultivated would only produce about one-eleventh of the amount required to feed the singers for a year. So little spare room is there that everything capable of being imported ready for consumption is so imported. Yet commodities are cheap compared with many continental cities.

I saw a picture of armies of butchers, bakers, milkmen, and waiters ministering to London's needs. The picture seemed to fade, and finally resolved itself into "Albert" bringing me a supplemental bill for my coffee. The restaurant was nearly empty. The workers had returned to their hives. My phantom armies of cows, sheep, butchers, and bakers had disappeared, and my last coffee was cold.

"Was it digestion or have I slept?" I asked myself, as I paid my bill.

Lord Rosebery on Physique.

* * *

The Earl of Rosebery, who is president of Epsom College, attended a dinner, held on July 1, to celebrate the jubilee of the opening of that educational institution, which was established in 1855 as a public school, with a royal medical foundation. The chair was taken by Mr. H. Morris, consulting surgeon to the college, and the company, largely made up of "old boys," included Mr. H. Robertson, M.P., Sir R. D. Powell, Sir C. Holman, and Mr. J. B. Lamb (Sec.).

The Earl of Rosebery, in reply to the toast of "Success to the College," said:—I do, indeed, as a neighbour, take a great pleasure in visiting this college and watching the matches at cricket and football, in which the college is so eminently distinguished, but I take no part in the teaching (laughter); and I am inclined to think that if it was known that I did take part in the teaching, not only would it have a serious effect on the views of the parents of Epsomians, but it might seriously tend to reduce the standard of the teaching itself. (No, no, and laughter.) Well, I might lead you into other branches of education which are not touched on here. (Laughter.)

I can, at any rate, speak with some knowledge not of the process by which Epsomians are turned out, but of the result. And I venture to say that no finer body of young men is sent out into the world by any school than is sent out by Epsom College. (Loud cheers.) They turn out Englishmen and English gentlemen, healthy in mind and in body, fit to go anywhere, or do anything; and it is my belief that if the number of schools like Epsom College were multiplied, and if the number of scholars inside Epsom College were multiplied, it would be none the worse for this country or this Empire.

I am sometimes puzzled by one very curious anomaly. In this country we have the best raw material in the world. We turn out annually thousands of young fellows, splendid in physique, energetic in mind, and not ill-trained intellectually as compared with other nations—the most valuable product that a nation can have. Well, in an Empire like ours there should be an unlimited demand for such men. There is practically an unlimited need for such men. And yet why is it that the demand and supply in this country do not coincide? You never sit next to parents at dinner who know the least in the world what they are going to do with their sons. (Laughter.) It is the great problem of the age.

While this is certainly true—and I, as a parent, speak with the utmost feeling of the difficulty of finding proper employment for one's sons—(much laughter)—some find it in the cricket field, some elsewhere—(more laughter)—still, I am, on the other hand, conscious that there is for almost all the young men I have been speaking of—turned out by our public schools—a round hole somewhere in the Empire if they could only find it. And it is, therefore, a difficulty which must be solved some day by some statesman, some legislator, or some educationist—the difficulty of finding the adaptation of the peg for the hole throughout the British Empire.

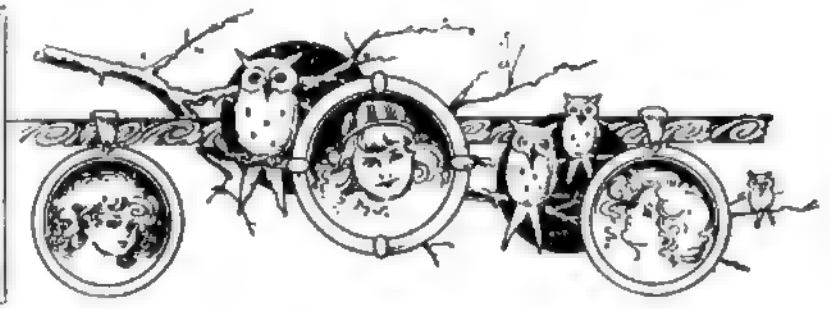
As regards physique, at any rate I can testify to this—that I saw in a cricket match the other day a young wicket keeper—who measured so many inches that I could not help thinking of Frederick the Great's father, who stuck at nothing to procure tall soldiers, and who would have kidnapped that young man from the ground without hesitation and without demur. (Laughter.) I have not the pleasure of his acquaintance, but I have known other old Epsomians, and I can speak with thorough belief and conscientious testimony of the way in which they are conducting themselves in the various vocations which they have chosen. We have here a splendid teaching establishment. If the college does not develop as it should, or as it might, it can only, I think, be due to the timidity of parents, who believe that the counter attraction of Epsom, to which your chairman has alluded—(laughter)—may have some deleterious influence on the tender years of their sons. But if my voice can reach them from here let them be assured that the race week is a time of monastic seclusion for the boys—(laughter)—that no contamination is allowed to reach them, and that they, I believe, never know the name of a winner of the Derby—(laughter)—until they have started for the vacation, when they learn it at home—(much laughter). For those who intend to be doctors, there is that rudimentary element of health, the old Epsom well, which is supposed to have supplied Epsom salts to an admiring world—(great laughter). I say that with those advantages and without, so far as I know, any drawbacks, we, the president and council of Epsom College, may look cheerfully forward to the next jubilee. (Loud cheers.)

THE NEW PALACE STEAMERS.

One of the few companies that can offer the fascinating inducement daily to Londoners of translating them from the grime and sultry air of the city to the cool, ozone-swept shores of the Kentish coast, the New Palace Steamers, Ltd., are deserving of the immense patronage which those speedy, roomy, and well-equipped boats, the Royal Sovereign and Koh-i-noor, are receiving. The delights of a sea trip from a pleasure and health-giving point of view cannot be too broadly painted, and a trip by either of these steamers is not only a rare pick-me-up, but an education. In one short day the great mysteries of the Thames as the home of about three-fourths of the shipping of the world are revealed to the observant mind. Beyond the river there is the familiar scenery of the Kentish coast to engage the attention. You have a respectable time ashore at Margate in which to stretch your legs, but, if you desire, you can go on to Ramsgate instead. The return journey may be retarded an hour or so by combined tide and wind, but if you are not early enough to witness one of the superb sunsets—magnificent pageants of flaming colour for which the Thames is famous, what is more alluring than the unwinding panorama of the river, with its myriad twinkling lights in the grey dusk. The catering on board combines extensiveness with inexpensiveness. The boats sail from the Old Swan Pier, London Bridge, daily, and for a day's healthy enjoyment and quiet recreation these marine trips cannot be equalled anywhere for the money.

The Coming of Miss Crofton.

By A. Biddle.



THE little town of Summerville was a dreary hole for young men full of life and fun, yet for 19 years the two friends, Harold Begbie and Ernest Phillips had lived and jogged along there with nothing to enliven the every-day monotony, except the "Physical Development and Gymnastic Club," until late in the summer months Miss Alice Crofton came for a short stay with her aunt, Miss Camelia Crofton, who kept the little haberdashery shop in the High Street.

Now, Miss Camelia was a nice old lady of about 68, who held that young persons should have a merry life while they could, so it happened on the occasion of the Cricket Club's ball, that Miss Crofton was introduced to the two friends at the same time, and both were so struck with her fine form and beauty that each made up his mind to cultivate her acquaintance.

It was not very long before Harold was seen by Ernest walking by the river with Miss Crofton; he passed by with nothing but the usual formal salute.

A week hence Ernest was seen by the old Lych-gate enjoying Miss Alice's company. Meanwhile, the relations between the two friends became somewhat strained, and they were not seen together so often as was previously the case, yet they met every week at the Gymnastic Club and took part in their weekly boxing bout, which sometimes went in favour of one and sometimes in the favour of the other.

But in their next few meetings at the Club the Instructor had to remind them that it was only an exhibition bout, and not a contest for a purse or a Championship.

But as neither was willing to give up Miss Crofton's company and leave the other a clear field, they agreed to box 15 rounds of two minutes each at the next Public Exhibition to be given by the Club, and as this was not to take place until another month they both went into strict training, so as to put forth their best efforts when the eventful day came.

The usual Fencing display and Wrestling bout, etc., were gone through fairly well, and then, after a short interval, came the turn of the evening, the boxing bout between Harold and Ernest. Both were looking in the pink of condition, which spoke of careful training, and each wore a look of grim determination which showed that he was going to do his best to win.

As soon as the usual hand shaking was over the signal was given, and the men came up for Round 1. Harold stood inches over Ernest, and was the first to lead off, but was smartly countered by Ernest.

Each was a little wild in his deliveries, and but little damage was done before the first interval. Coming up for the next round Ernest at once forced the boxing, and more than once drove his man to the ropes. The third, however, was in Harold's favour, as he landed with left and right on each side of the jaw, and this stopped Ernest's impetuosity a bit. All through the fourth round the boxing was of a very steady character, each man realising that he had no chances to throw away. Give and take was the order of the next round, Harold, however, with his superior reach, being the first to get home in some good rallies. As soon as they got within measureable distance in the sixth round they rushed at each other, and a clinch followed, and, after breaking away, some fast exchanges were indulged in,

Ernest being particularly clever with his head in getting out of danger.

The seventh round was of a quiet character until just before the close, when a lively rally took place in Ernest's corner, which brought forth plenty of applause. The next round was splendidly contested, both being heartily applauded by their partisans; whilst the ninth was of a tamer description, each man, though, not showing any marks of punishment, evidently feeling the effects of the pace at which he had been boxing. Harold forced the work all through the tenth, and more than held his own, while the eleventh and twelfth were both of a stubborn character throughout. In the thirteenth each was wild in his deliveries and boxed all over the ring; whilst the fourteenth was of a similar description, Harold, who slipped down, being quickly on his feet again, and in the boxing that followed more than held his own.

In the last round both were anxious, but Ernest was the stronger, and when the Referee announced the result as a draw it was received with loud and prolonged cheers.

Never before, or is there ever likely to be seen such a contest again in Summerville.

The *Summerville Independent* devoted a whole column to the description of the struggle in its next issue, and it was the chief topic of conversation in the town for the next week.

A few days after the encounter Miss Crofton saw Ernest, and asked him the reason of their giving each other such a pummelling, but he gave her no definite reply, and referred her, as politely as possible, to Harold Begbie, and that gentleman, when questioned, referred her back to Ernest Phillips. However, as she was standing at the door of the little haberdashery shop, talking to Harold a few days afterwards, she saw Ernest approaching, and then determined to ask the two of them point blank the reason, well knowing that there must be something more than the love of boxing prevalent somewhere.

Neither was willing to tell her, but after a time she prevailed upon them to do so, and then, on hearing the reason, called them silly fellows, and said she would forgive them, but they must not let such a thing occur again, and then informed them that in a week's time she was going back to London, and that she did not think anything more of them but as friends, as she was already keeping company with a young man in town.

Both were thunderstruck on hearing these remarks, and then, thinking what fools they were, shook hands and vowed that they would never do such a thing again, and it would be a long time before they had anything more to do with girls.

They are now as good friends as ever, and meet every week at the Club, and are never tired of telling the story of their fight.

We have great pleasure in announcing that Professor TOM BURROWS has made arrangements to reproduce the series of articles on

The Art of Wrestling,

which are now appearing in these pages, in book form, at the low price of SIXPENCE. Full particulars as to date of publication, etc., will be announced shortly.

Orders, wholesale and retail, can now be received at the offices of the Magazine,

131 TEMPLE CHAMBERS, E.C.

Our Physical Culture Competition.

AWARDS FOR MAY.

* * *

THERE were two very pleasing features in connection with our Competition for May. Firstly, there was a marked increase in the number of competitors from abroad, and secondly that section for youths under eighteen years has again shown a decided advance. Both these circumstances point to still further interest being taken in our Competition and physical culture generally amongst the class we are most desirous of encouraging, and goes a long way towards proving that our urgent appeal earlier in the year has not been in vain.

With regard to the first point upon which we congratulate ourselves—the increase in foreign competitors—the advance is so great and so many appeals have come to hand that we are now considering the desirability of devoting a special section to those of our readers and followers of physical culture outside the British Islands. Such a competition would, of course, be irrespective of creed, caste or colour, and would, we believe, prove very popular amongst our foreign readers.

In connection with the improvement shown and the interest taken in the competition by the younger members of the community, we should like to express our gratification, and hope that in the succeeding months we may find the number of competitors in that section going up by leaps and bounds.

Again we would point out to our younger competitors that it is not necessary for them to wait, or to fear their chance of success, until they have approached the age limit. No advantage accrues from it, as youth is taken severely into consideration by the judges when going through the measurements.

MR. CLAUDE E. HOWITT, NOTTINGHAM.
Age 22 Years.
WINNER (over 18.)

We have already had one winner in the Junior Section from the Southport district of Liverpool, and it says much for the physique of that portion of England that again this month we should be able to welcome yet another successful competitor from the same town as Master Thomas Wray. This month, Master W. H. Stephenson, of Southport, is the successful junior, and to him we offer our hearty congratulations. For a youth of seventeen years and six months, Master Stevenson, as may be judged from the accompanying photograph, has attained to a wonderful degree of perfection. Standing 5 ft. 6 ins. in height, and weighing 9 st. 4¾ lbs., he is splendidly proportioned, and may well be set up as an example to his fellows of what a boy should be. He has a chest measurement of 33½ ins., with 6½ ins. expansion, and all his other figures are equally good in proportion.

The coveted prize in the Senior Section—over eighteen years of age—goes to Nottingham, which town we are glad to find is awaking from its lethargy in the matter of physique, and bestirring itself somewhat to improve the condition of the poorer classes in this direction. Mr. Claude E. Howitt is the winner of the coveted gold medal, and here again we have an excellent example of symmetrical development. Twenty-two years of age, Mr. Howitt stands within half an inch of six feet, and turns the scale at 11 st. 4 lbs., as his various measurements show. It may be of interest to quote a portion of the letter which we have received from Mr. Howitt. He says:—

"My acquaintance with Physical Culture began in October, 1900, at which time I was 'run down' generally, not having long recovered from an attack of fever, and it was more in quest of health than muscular development that I decided to take a course of the Sandow System. The completion of six months' training found me stronger in every possible way (girth of chest showing an increase of six inches), and I had at least seen enough of the Sandow System to convince me it was a good thing, which conclusion, having kept up the exercises daily ever since, my later experience has fully justified.

"My own impression of Physical Culture, using the term in its widest sense,

MASTER W. H. STEPHENSON, SOUTHPORT, LANCS.
Age 17 yrs. 6 mos.
WINNER (under 18.)

is that no useful purpose can be served by muscle-grinding for a short period only, and then ceasing; but rather that if any lasting benefits are to be obtained, the exercises must be made part of one's *daily* routine. This given, be it only five

minutes each day, done conscientiously *in the right way*, increased muscular development and consequent health and strength, are as sure to result as day to follow night; and apart from the time occupied being so little in proportion to the benefits derived, the exercises themselves are so simple and light (especially in the Sandow System) that the wonder is there are not more recruits for the army of Physical Culturists, who at least can be said to be doing their part towards stemming the tide of physical deterioration, which at the present time is undoubtedly creeping steadily over this country. Wishing you continued success in your efforts to this end."

We commend the remarks made by our correspondent to our readers, and would that there were more who would realise the force of the argument used by him. A few such disciples do much towards spreading the gospel of health and strength.

BODY BUILDING.

In the realm of bricks and mortar there may perhaps be endless disputes as to which architect may justly claim the proud right of pre-eminence, but in this most important, viz., the designing of the perfect man, surely no rival can dispute the claims of Eugen Sandow. And for this reason his exposition of his system is worth vastly more than the modest sum of 1s., which is all that is asked for it. Not only does he show how he has attained his own perfect physique, but he details the steps by which he has demonstrated to the authorities the absolute necessity of removing from this country Herbert Spencer's reproach that "the inhabitants of this country take an interest in the rearing of all animals except themselves."

His book is as interesting and instructive to the female as to the male sex, for without the perfect health and ideal development which can only be secured by an intelligent course of physical culture, the highest form of beauty is unobtainable. For the fair sex especially the author's latest invention, "The Symmetrion," was designed, and it is to be hoped that they will extensively adopt its use. Not only they but the whole human race will benefit thereby, as its users will be thus rendered fitted to become the healthy mothers of healthy sons.

It is, however, only to those of both sexes who are in pursuit of strength that this book appeals. It bears evidence of the great curative properties of the Sandow system in dealing with most of the ills to which flesh is heir; in fact, it would take less space to enumerate the organs which are not beneficially affected by the system than those which are. No less than six courses of exercise for various portions of the human anatomy are fully explained with diagrams, and a study of these will prove an ample education in themselves.

The book concludes with an account of the author's tour round the world on what was practically one of the most valuable missionary enterprises in the history of the world.—*Health and Strength.*

—— Sporting Notes. ——

Swimming.

On June 26 the annual swimming races and water polo match between representatives of Oxford and Cambridge Universities took place at the Bath Club, and ended in a win for the Light Blues, for whom B. T. Verry won the 50 yards in 30 secs., and the 100 yards in 1 min. 10 4-5 secs., and T. Williams the quarter-mile in 7 mins. 41 3-5 secs., whilst Oxford won the team race, and the polo match ended in a draw of two goals each.

* * *

Professor Jules Gautier, who should have made an attempt to swim from London Bridge to Hammersmith on Tuesday, with his hands and feet manacled, acting under medical advice, had to postpone the attempt. He is suffering from a slight chill, but advises us that the attempt will be made shortly.

* * *

Beautiful weather prevailed at Blackpool on Saturday last when the first stage in the King's Cup was decided. A capital entry was obtained, but great surprise was shown when H. Johannson, the Swedish champion and present holder, although present, did not start. Out of an entry of 17, 12 started. The test was a distance of a quarter of a mile, fully dressed, with four turns, and each competitor had to pick up a living object in the last 40 yards from the finish. Kiernan dashed away with the lead, followed by Billington, who led at the first turn by half-a-dozen yards. Kiernan reached his man first, but Billington overhauled him, and won by 20 yards; Robinson, Liverpool, was third. Time, 9 min. 35 2-5 sec., which is 5 sec. faster than last year.

City of London and West End Swimming Championships.

The annual 500 yards river championships of these associations were decided last Saturday in the Thames at Petersham. In the West End team championship the Harrodian S.C. scored a victory with 10 points; Clarence S.C., 11 points, being second, and Delta S.C., 32 points, third. The individual placings were A. C. Emsworth-Ayling. Clarence S.C., who won this competition in 1900-1-2 and 3, 1; C. J. McGowan, Harrodian S.C., 2; and G. Collins (holder), Harrodian S.C., 3. Won by a bare yard; foot between next two. Time, 5 min. 11-4-5 sec. The City of London Championship terminated unsatisfactorily. A. G. Harvey, Ravensbourne (holder), failed to pass through the official winning goal, and this allowed G. Innocent, who had throughout swam an erratic course, to gain a victory. Mr. H. Blackmore, also of the City Police, was second, and A. C. Wynne, Connaught, third. Innocent, who finished six yards in front of Blackmore, completed the distance in 5 min. 16 sec. The City Police, with 11 points, won the Team Championship; Connaught S.C., 23 points, was second, and General Post Office, 30 points, third.

Wrestling.

That Matt. Steadman is a great favourite down Brixton way there can be no doubt, and when he was introduced on the stage of the Empress Theatre of Varieties on July 6, he received an even greater welcome than the mighty Hackenschmidt himself. Steadman is unquestionably a grand wrestler and

thoroughly acquainted with every movement on the board which counts for anything in the ancient pastime, but, although he is a more lissom athlete than the Russian, he seems overwhelmed by Hackenschmidt's great reputation, and often fails to do himself justice by missing good chances. This was the opinion of several North-country experts who were present to witness the prowess of young Steadman. At upstanding wrestling, Matt. can hold his own with the foreigner, but he is somewhat of a failure on the carpet; yet he always extends Hackenschmidt to the utmost of his powers. On commencing, the men struggled for a grip for over a minute, when the Englishman went down and lay like a log for two minutes. On getting on their legs Steadman was thrown a clinking fall, but the latter arose at once, and getting a leg hold, floored the Russian champion. This he repeated five times in succession, when Hackenschmidt, securing a firm grip, dragged the Englishman underneath and kept him there for about half a minute, until Matt. reared himself up on his hind legs and cross-buttocked the Russian. It was all to no purpose; Hackenschmidt again dragged his man down, and by sheer strength flattened him out in 9 min. 20 sec.

* * *

There is apparently no lack of customers for Hackenschmidt, and both Jacob Koch, the German wrestler, and Franz Josef, of Austria, are in this country for the purpose of getting on a match with the Russian. Koch, who, during the past few weeks, has repeatedly thrown down the gauntlet to Hackenschmidt without receiving a reply, arrived in London from Amsterdam last Friday. Koch, who is thirty-four years old, is a magnificent specimen of physical development. He is in splendid training, and has not an ounce of superfluous flesh. His measurements are as follows:—Height, 5ft. 10ins.; weight, 17st. 2lbs.; chest (expanded), 53ins.; waist, 40ins.; thighs, 25ins.; calves, 17ins.; biceps (expanded), 18ins. The challenger does not speak English, but he said, through his manager, that he could not understand why Hackenschmidt declined to answer his challenge. —"I am willing," he said, "to put down £250, or any amount, to wrestle him in the Græco-Roman style."—Koch's manager added that in Paris, in addition to a prize of £400, the wrestler received a medal from the municipality and a diamond belt.

* * *

Franz Josef, who claims to be the champion Græco-Roman wrestler of Austria, comes prepared to take on any man in the land in his own style for a genuine side-stake of £100 and the best inducement offered. Josef is a wonderfully fine specimen of a heavy-weight athlete, and shows marvellous muscular development. Standing 6ft. in his stockings, the stranger is as hard as a deal board; one mass of muscle, in fact, from top to toe. In this respect he offers a marked contrast to many of the bulky wrestlers from the continent. He has a chest measurement of 50in. and scales in condition 16st. Particularly active, Josef, it is claimed, combines great strength to exceptional skill, and certainly to the eye he looks a very formidable customer. The new-comer would like to hear from Hackenschmidt, or, failing the Russian, he will wrestle Alec Munroe the best of three falls, the winner to take either a certain share or the lot.

* * *

Meanwhile, Hackenschmidt is carrying out his programme at the suburban halls, and last week was to be seen at the Empire, Brixton, where he has had some warm customers. One formidable opponent was Gus Rennard, a young giant who hails from the Land of the Golden Fleece. Rennard stands close on 6ft., and weighs some 16st. and some odd pounds. With an enormous breadth of chest, he falls away in the leg department, and does not possess that remarkable grasp of the floor which is one of the Russian's leading characteristics. Rennard, however, is possessed of a powerful pair of arms, which he

plies to the best advantage. It was a capital set-to until Hackenschmidt put on a rasping half-Nelson and beat his man in 8min. 20sec.

* * *

A more determined contest has seldom been witnessed on a music-hall stage than that which took place—Hackenschmidt and Matt. Steadman, son of the late Geo. Steadman, the Cumberland and Westmoreland champion. The conditions were if Steadman lasted ten minutes he was to receive £10. Steadman is a trifle taller than his rival, but he does not possess that immense girth of limb which the Russian boasts of; otherwise the men were equally matched. During the first minute little was done by either, but the Cumbrian was thrown down with the Russian on top. Steadman was quickly up, but at three minutes he was again carpeted with Hackenschmidt on top. At this point the struggle was very fierce. Matt plied the half-Nelson, and subsequently got his opponent's head in chancery, but Hackenschmidt released himself amidst great excitement and threw Steadman a severe fall over his back, when the last-named resorted to a "bridge" and reared himself up on his legs. Nine minutes had now elapsed, with Steadman on the defensive, and when, amid great enthusiasm, the time-keeper called ten minutes, Steadman was handed his money.

* * *

The North Country man entered the lists again on the two following evenings, and Hackenschmidt had all his work cut out to bring his opponent down within the stipulated time, Steadman being beaten by a very narrow margin. This week Hackenschmidt is appearing at the Euston.

Rowing.

Henley Regatta, which ended on July 6, proved a big success this year. Three of last year's winners retain their Cups Leander in the Grand, Eton the Ladies' Plate, and Third Trinity the Silver Goblets (this time with R. H. Nelson and P. H. Thomas as their representatives). Both Thames R.C. and London R.C. secured prizes. The Leander crew, stroked by the veteran, Guy Nickalls, won the Stewards' Cup, and their representative, F. S. Kelly, beat H. T. Blackstaffe, of the Vesta, for the Diamonds in the record time of 8 min. 11 sec.

Miscellaneous.

The third test match between England and Australia at Leeds on July 3, 4 and 5, ended in a draw. Australia has now to win in the last two to secure the "rubber."

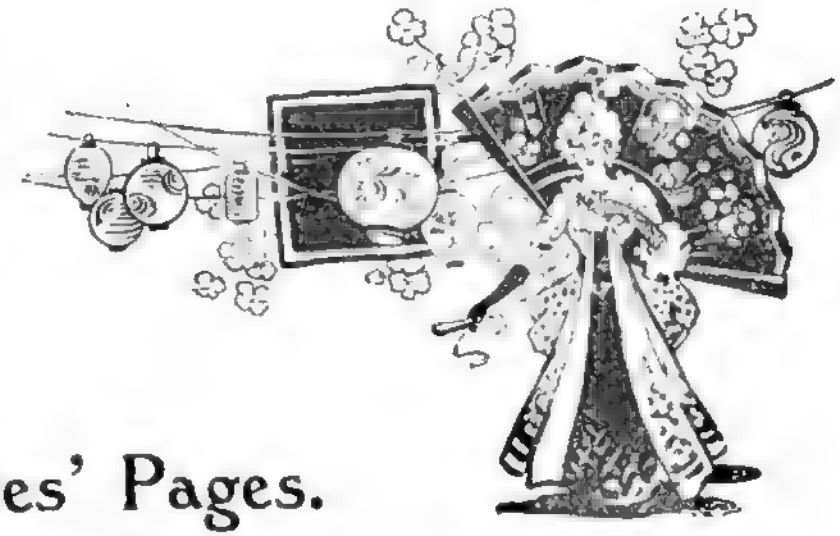
* * *

The charity cricket match played at the Oval last week, between sides of amateur athletes and jockeys was, as everybody knows, a great success, both from a sporting and financial point of view. The proceeds totalled over £265, so that, after deducting expenses, considerably over £200 will go to swell the funds of the Belgrave Children's Hospital.

* * *

After a most exciting finish last Saturday, Cambridge defeated Oxford at Lords by 40 runs. Scores: Cambridge University 218 and 264; Oxford University 319 and 123.

The mere training in physical fitness reacts on character in a way that no school learning ever does. Lessons in the temperance and self-denial that keep the body fit are retained, even though a street accident may reduce the body to a broken tortured mass. And, secondly, the advocates of physical training are playing for the future even more than for the present. Healthy parents make healthy children. To teach a mother how to feed her child may be to defeat the invader a hundred years hence: to persuade a youth to play cricket or swim, instead of lounging about the streets smoking cigarettes, may be to make his grandson a great inventor instead of a criminal; or, at the least, to produce a succession of happy, healthy men, instead of miserable, unhealthy half-men.—*Country Life.*



Our Ladies' Pages.

Health and Comeliness: How to secure it.

The following, which appeared recently in *Science Siftings*, will no doubt interest our lady readers:—

The measurements of a physically perfect woman have been given many times before now, and every female who values comeliness and good physique, not to speak of beauty, is acquainted with the different proportions. Not so, however, are the means to secure them equally well known, and rarer still is the gift of perseverance in physical culture, which in the long run will give a satisfactory result in these directions. We described not so long ago the massage, bending, and twisting movements which tend to bring the neck to its proper size. The waist measurement is a more difficult matter. Waist measures vary, alas! according to the power of a lacing string, and an honest measurement is no longer possible to many women. The form becomes compressed by long use of tight corsets, and it ceases to spring back to its natural shape when released. Corsets in themselves are proper and wholesome, and few women are so built as to be able to do without them. It all rests with your selection of the proper size and shape and with your pulling of the cord.

A woman of five feet three who has allowed her waist to shape itself comfortably within an easy corset or corset waist will allow the dressmaker to set down her measure as 24½ inches. For every added inch of height her waist increases about three-quarters of an inch. For every inch below the waist measure decreases at about the same rate.

* * *

In the task of accommodating the waist to a shapely size exercises will work wonders. If you intend to make a business of perfecting your figure have a corset fitted properly; let your waist be given its proper space within it; then devote half an hour each day (divide the time into two periods) to taking bending and stretching movements, especially the former.

* * *

The proper proportion of forearm and upper arm is seldom found. One woman who has a perfect forearm, one that artists are enthusiastic over, has an upper arm that actually measures less than the forearm. Naturally she clings to elbow sleeves.

Dumb-bells give the best all-round work for developing the upper-arm and Indian clubs for the forearm. One of the

best systems we know to develope a symmetrical female figure is Eugen Sandow's. The difficulty, however, with most good systems is, as we said, to get people to persevere in physical culture and to scientifically work each of the exercises to their completion. People, especially in large towns, are much too lazy, as a rule; they neglect even to take enough walking exercise; the consequence is that we see an abnormally large number of over-stout people whose fat is a drag upon their lives.

* * *

We could afford to take, in this respect, a leaf out of the lives of the little Japanese men and women. The time will surely come when each man and woman will not only look upon it as one of the main duties in life to go in for physical culture, but to go in for a more or less rigorous system of diet "culture," if we may use the term. We are convinced, from our experience and observation extending over many years, that an enormous number of the many ills that afflict humanity all around us is the result of a criminal -we had almost said an insane—neglect of these two systems.

* * *

"We propose having high ideals and strict rules, first and foremost being—No Corsets," reads a circular inviting membership of a select physical culture class formed by a number of Blackburn young ladies. Early morning skipping-rope matches are included in the programme.

TO KEEP IN TRIM.

Physical exercise is the fad of the hour—there is no denying that. Despite the attractive healthfulness of natural outdoor exercise, like riding, skating, and walking, women are joining classes in gymnasiums, getting up fetching costumes for their fad, and pursuing it with all the ardour of which they are capable. The results are good, of course, but the cost is something with which to reckon.

As a sex, we do not get sufficient exercise to keep us in good trim. We are busy enough for that matter, but our employments tie us to a chair. Housework is said to be the most healthful of all work, because of its diversity and the necessary exercise that goes with it, but the average woman overdoes the thing; she tires herself out many times because of lack of method in her work, and, after all, the housework does more harm than good.

A doctor never succeeds in convincing patients that indolence is a foe to health. "If you don't walk upstairs," he says, in desperation, "walk down, for your liver's sake," and some few follow his advice.

Lifts are a habit, like street cars. When you can be transferred from your front door to you place of business you never attempt to walk a hundred yards, but you do not give a thought to the distance that takes you to a car when your home is not on the car line.

In tall buildings lifts are a joy and comfort, but they ought not to be considered for one or two flights of stairs, except by those whose business requires a constant travelling between stories.—*Health.*

SPORTING PATENTS.

This list of Patents is specially prepared for SANDOW'S MAGAZINE by Mr. C. F. Ennis, of Jessel Chambers, 88 Chancery Lane, London, W.C., Registered Patent Agent (by Examination), from whom all information relating to Patents may be had on application :—

Applications for Patents June 19-24th, 1905 :—

12636 W. C. Rivers, London. Golf clubs.
12833 F. J. De Coverly G. Veall, Mumbles, Glam. Golf clubs and the like.
12919 T. R. R. Ashton, London. Sights for rifles and small arms.
13040 L. Chambrion & C. Guédu, London. Automatic fishing devices.
13058 A. Holeen & E. B. Killen, London. Fixing on of cue tips.
13086 A. D. Downes-Shaw & E. Shaw, London. Golf clubs.

Specifications Published June 29th, 1905 :—

16896 of 1904 F. J. Brown, St. Annes-on-Sea, Lancs. Golf sticks and parts therefor; also means of carrying same.
17417 of 1904 G. A. Thorne, Melbourne. Apparatus for teaching billiard strokes.
8085 of 1905 T. A. Hearson, London. (G. S. T. Harris, Madras). Shields for the hands and wrists of a batsman when playing cricket.
10851 of 1905 S. H. Friend, U.S.A. Fish hooks. (Antedated).

ORDER FORM.

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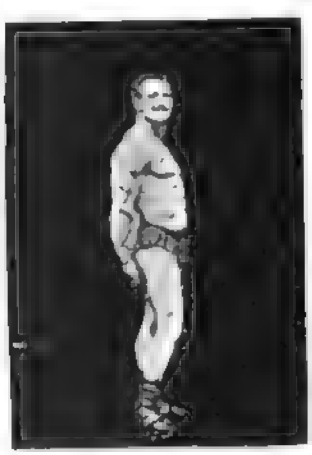

SPORT AND THE NATIONS.

During the past few days the representatives of different peoples have been competing against one another in many ways. The champions of Great Britain have been waging stubborn warfare with the best players of Australia on the tented field, in the finest of all games that man has devised. It was a Homeric match, and if the brilliant play of the home side did not give them the victory, they must feel, as Britons, proud of the bull dog tenacity which enabled the Australians to stave off defeat. England, too, has been at hand-grips with another branch of the Anglo-Saxon race elsewhere. At Wimbledon the Australian cracks were just beaten for the doubles in the lawn tennis tournament by the Englishmen, Smith and Riseley. But the true champion in this contest is Miss Sutton, the young Californian girl who has been giving our English ladies new ideas on the game. Perhaps even more generally interesting was the duel between England and America at Henley. The race between Leander and Vesper for the Grand Challenge Cup was the event of the regatta. The hopes of Americans ran high, as they did two years ago, when the Philadelphians entered for the cup, and if the Vesper crew had succeeded in bringing back the trophy with them the people of the United States would have been hard put to it to find adequate expression for their enthusiasm. A fresh element of interest was added to the contest on this occasion. The Belgian crew from Ghent proved unexpectedly strong and won their heat with exemplary ease, and there was even an apprehension in the minds of some onlookers at one moment that Leander, having disposed of the Americans, might themselves succumb to the redoubtable Flemings. Beyond the Channel all the world was exciting itself over the great motor race for the Gordon-Bennett Cup, with England, France, Germany, Austria, Italy, and the United States all represented. . . Then on Monday began the Bisley meeting, where our best shots will have to hold their own against the picked riflemen from across the ocean. Sport, then, it seems, is now a real bond between the nations. There is a useful give and take, a pleasant interchange in these matters. A French horse may win the Derby. An English driver may carry off the Gordon-Bennett Cup, provided his tyres give way less frequently, or his engines stand the strain better, than those of his competitors. The Americans have beaten us on the running ground, and we may be sure they will try again and again at Henley until they defeat Leander, perhaps to find themselves in their turn worsted by a crew from the Meuse or the Rhine. For it seems that Continental athletes know how to row, just as they are even learning to play cricket. . . Sport is a fine democratic leveller. It teaches the peoples to respect one another, since it shows that the sportsmen may come from any country which will take the trouble to teach him rightly, and give him fitting encouragement for the development of his powers. — *Evening Standard.*

NEW BOOKS.

"Hints on the Stable," by Mrs. Power O'Donoghue, is published by Messrs. Thacker & Co., under the title of "Riding for Ladies," in a revised and up-to-date edition.

It has nearly seventy illustrations by the celebrated artist, Mr. A. Chantrey Corbould, and may be obtained for 8s. 6d. at most of the leading booksellers.

Among the chapters are articles dealing with "Ought Children to Ride?" "Lady's Dress on Horseback," "How to Canter and Trot," etc., with special advice as how to fall off. A very useful book to every horsewoman.

* * *

From Messrs. Abel Heywood & Son, of Oldham Street, Manchester, who are the agents in this country for Fox's Athletic Library, we have received some interesting publications which have just been issued by Richard K. Fox, of New York. They are "Scientific Ju-Jitsu," written by M. Ohashi of Tokio; "Jiu-Jitsu Tricks," by K. Saito, of Nagasaki, and a revised edition of "Hoyle's Games." The first two come at a most opportune time, and will no doubt appeal to a large number of those interested in athletics. They are profusely illustrated with actual photographs, showing a number of the positions of attack and defence, besides containing many valuable hints. Even to him who does not desire to become actively acquainted with the art, they will prove interesting, as they give him a clear insight into the methods of those famous exponents, Yukio Tani and Tarro Myiaki, who are at present in this country.

A Noted Sportsman.

Sir Claude de Crespigny has joined the force sent out in East Africa to punish the raiding Sotiks.

He has written home to Maldon, Essex, that the enemy are estimated at from 3,000 to 6,000 strong. One-third are armed with bows and arrows and the rest with spears.

Sir Claude C. de Crespigny, who, at the age of fifty-eight is about to add more adventures to his already crowded career, comes of one of the few genuine Norman families left in England.

He has been sailor, soldier, war correspondent, balloonist, unsuccessful Channel swimmer, big-game hunter, steeplechase rider, and many other things. He has sampled all kinds of sport, and broken an extraordinary number of bones.

In fighting where self help is essential Sir Claude has little to learn. He has fought in many fashions, even with an infuriated monkey. This last was one of the queer pets with which he has surrounded his home at Champion Lodge, Maldon.

It was announced early in June that he would superintend the laying-out of a steeplechase course at Nairobi, in British East Africa. After he has finished with the rebels, he may ride the winner of an East African Grand National.

Sir Claude de Crespigny took up John Burns' election challenge to box, or row, or skate, or swim, or fence any man in England. The contest, however, came to nothing, not, however, through any fault of Sir Claude's.

And Editorial Chat.

ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on the opposite page.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

W. A. BAILEY.—Thanks for letter, but you have misread the paragraph. If you read again the last few lines in the first column, you will see that it was one of the shepherds who was "minus coat and with sleeves rolled up," not Lamball.

A. BLAKEY (WEST HARTLEPOOL).—I do not trace photos amongst April competitors. Are you sure they were sent in that month?

C. HUTCHINSON (HOLBECK).—The matter is left entirely in the hands of the judges, who would not have taken such a course unless there was justification. Your remarks are scarcely warranted, more especially as you admit yourself the possibility of others who have been longer at work being placed on the same level. But that can hardly be their fault. Photos are not returned unless stamps are enclosed (see conditions).

C. BANNLY (BEDFORD PARK).—Many thanks for letter and photo. Pleased to know you are bringing up your boy in such admirable fashion. You could not do better.

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Vol. XV.

OF

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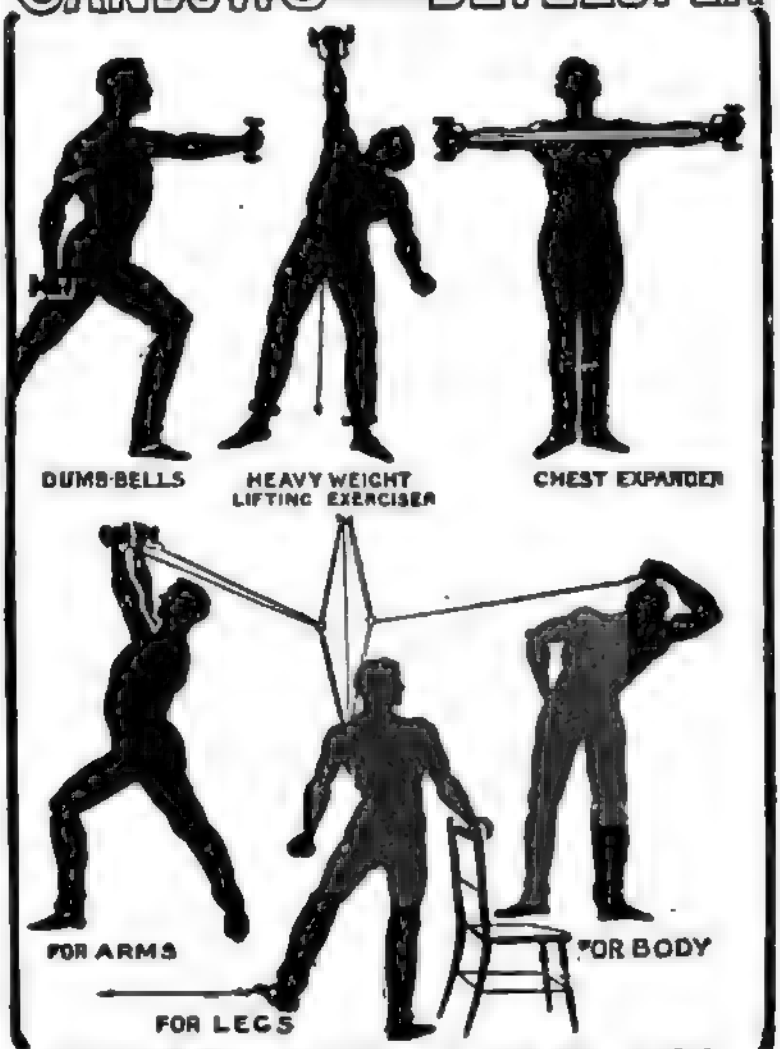

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Notes of the Week.

TO THE EDITOR, SANDOW'S MAGAZINE.

SIR,

I have forwarded my measurements on coupon, with photos, to your offices for the Physical Culture Competition, but omitted to enclose this letter with them. My brother, I may mention, was fortunate enough to win a medal. I first started athletics in the shape of cycle racing when I was seventeen. I am now twenty-four. I did not win many events until after I had joined your Tottenham Court Road School, which I attended for some time, and this greatly strengthened me in every way, and I was able to win much more frequently.

MR. H. D. HANKS. Aged 24.
(Chest Expansion, 10 inches.)

I have practised the exercises ever since, and after the splendid tuition I received at the above-named school, I was able to give my brother some hints.

We have both also received many valuable hints on good habits of living, which, of course, you will agree are very important in order to get a good result from physical culture.

Wishing you every success,

Yours, etc.,

H. D. HANKS.

* * *

TO THE EDITOR, SANDOW'S MAGAZINE.

SIR,

I would like to state to you the benefits I have received from your system of Physical Culture.

I was broken down, rheumatic and generally a wreck, and have only been six months at it now, and have made what I believe is a record for the following:—Right-hand punch, 2,100 lbs.; pull (tug-of-war), 1,040 lbs.; grip, 530 lbs. These were done in Durban. What do you think of these figures? Jeffreys can only punch 1,900 lbs. I intend entering your competition. I am aged 23 years 6 months, and stand 6 ft. 3 in.

With all good wishes,

I am, yours, etc.,

W. M. C. I. ROBINSON.

Pretoria, Transvaal,
June 6, 1905.

* * *

TO THE EDITOR, SANDOW'S MAGAZINE.

SIR,

I would like to say I have taken up Sandow's exercises since Mr. Sandow's

visit to this town, and I am surprised at the results. My primary idea was to get myself fit for boxing contests, and I am sure it has aided me wonderfully, both in activity and punching power.

Yours, etc.,
WALTER BREEDS.

King William's Town,
June 8, 1905.

* * *

"The best way for those who are living in the country to learn Ju-Jitsu is to receive lessons from the Anglo-Japanese Institute, of 3, Vernon Place, Bloomsbury, W.C., who send instructors, both Japanese and English, to one of the principal towns each week, the following towns having already been visited, viz.: Brighton, Southampton, Portsmouth, Southsea and Eastbourne. At the latter town, a public display was given by the Japanese and English exponents, viz., Professor Uyenishi (Instructor to the British Army at Aldershot) and Professor Williams (the English Champion Ju-Jitsu Wrestler), in the Devonshire Park, Mr. Rolt, of Brighton, opposing. The principal event at the health and strength display at the Holborn Town Hall on Saturday, 1st July, was also given by the Institute, in this now increasingly popular, interesting, and useful system of self-defence and physical training. Write for particulars to the director."

* * *

There was a large company at the Holborn Town Hall on July 1 to witness the fifth annual display, given by *Health and Strength*. The programme consisted of wrestling in various styles, classic posing, club-swinging, fencing, boxing, handbell ringing, weight-lifting, and other feats of strength and skill. Mr. J. H. Best officiated as M.C. Details: Wrestling (catch-as-catch-can style): Brain v. Crickmore. The first-named won, after an exciting bout, in 6 min. Lauritz Neilson v. G. May. Won by the first-named in nine minutes. Neilson v. Scholtz, America. Another capital bout, the American being thrown after a hard struggle for fifteen minutes. Peter Gotz v. H. Hutt. This was a particularly exciting bout, Gotz throwing his opponent twice, the first time in ten minutes and the second in six minutes. Uyenishi, instructor of the gymnastic staff at the headquarters' gymnasium, Aldershot, gave a capital display of the Ju-jitsu style.

In the weight-lifting competition the feats of Monte Saldo were remarkable, and gained enthusiastic applause. Another performer to gain hearty recognition was Professor W. P. Caswell, who handled 56 lb. weights in a surprising manner.

The fencing bout between Miss Del Luz and Mr. Jack Gray was of a bright and sparkling character, and well merited the eulogy bestowed upon them.

Professor Vigney and a lady pupil in bouts with the foils and sticks were also greatly appreciated.

Amongst others who appeared during the evening were Ferdinand G. Gruhn (ex-amateur champion), Arthur Saxon (champion weight-lifter of the world), Professor Vernon Smith, and James Gray, with Indian clubs.

* * *

A Weight-lifting Challenge.

Mr. Charles Martin, who styles himself the Alnwick Hercules, and whose performances have frequently been recorded in these columns, writes as follows:—

"Seeing so many weight-lifting challenges from the North of England open to anyone in the world at certain weights, I will match myself against any weight-lifter (any weight) in Northumberland or Durham (*not the world*) for *any sum* not less than £25 a-side, the best of four clean lifts from the ground above head, viz., right hand, left hand, two-handed dumb-bells, and barbell, two hands; total poundage to count. Failing the above, I will concede 50 lbs. start to any weight-lifter in the above two mentioned counties for the same amount in one dead lift from the ground, using hands only, or I will meet anyone as above in an all-round contest of three events, viz., weight-lifting, wrestling (Cumberland style), and

flinging 56 lbs. weight a distance, the winner of two events to be adjudged the victor."

* * *

We are informed that a conference at the Mansion House, representing societies interested in and working for the health of the nation, has passed a resolution agreeing to a federation between those societies and the council of the National League for Physical Education and Improvement on the principle of proportional representation.

* * *

The second number of the latest edition to the list of Physical Culture organs, *The Athlete*, is to hand, and a very interesting number it is—full of good reading and useful hints. It is indeed cheap at twopence. The offices of the magazine are at 9 and 10, St. Bride's Avenue, Fleet Street, E.C.

* * *

At this time of the year, when so many persons are travelling from place to place, the advantage of the Postcard has become so appreciated that no excuse is needed for recommending the Picture Postcards published by Messrs. Raphael Tuck & Son, for though there seems an endless supply, which means competition, this firm stands foremost in their productions. In many ways they appeal to followers of Physical Culture. The excellent photos which they publish of the physique of all nations, are produced in such an artistic manner, that they cannot help but give that satisfaction which is so well merited.

* * *

The international shooting match between the Queen's Westminsters and the 7th Regiment of the National Guard of New York, which took place at Brookwood last Friday, ended in a win for the Englishmen.

After a close struggle, the Queen's finished the 800 yards range shooting with a lead of three points, the scores being 1,145 against 1,142. At 1,000 yards the Englishmen were ten points ahead.

In the contest Armourer-Sergeant Fulton, Queen's Prizeman, was the chief scorer.

The Methuen Cup was won by the Hythe School of Musketry.

OUR CHILDREN.

Every man and every woman who has the welfare of the nation and the Empire at heart must welcome the institution of "The National League for Physical Education and Improvement." We have agencies enough for the mental education and improvement of our people, and particularly of our children; but we are too ready to cultivate the mind, and to leave the body "to take care of itself"—as if there could ever be a really sound mind in an unsound body! As the Lord Chief Justice (himself a noted athlete in his youth) and other speakers pointed out, at the inaugural meeting, what we have, before all else, to aim at is the teaching of more care and more intelligence on the part of parents. It is a sad thing that, in spite of all our improved sanitation, the death-rate among children is no lower than it was half a century ago, and that in some places no less than 50 per cent. of the children born never live beyond the age of infancy. In most cases it is parental ignorance, resulting in improper feeding, and neglect of cleanliness, that is the most fruitful cause of infant mortality. Education for parents is certainly not less urgently needed than education for children. *People.*

Sandow's Magazine Physical Culture Competition.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.

(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.

(3) A Gold Medal will be presented each month to the one who in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.

(4) No photos will be returned unless a stamped addressed envelope is enclosed.

(5) The right is reserved to publish any of the photos submitted for competition.

(6) **No winner in a previous competition is eligible.**

(7) The coupon on another page stands good until the last day of the month, and the awards will be announced in another issue.

(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

SANDOW'S MAGAZINE PHYSICAL CULTURE COMPETITION.

COUPON FOR JULY.

Name of Competitor

Address

MEASUREMENTS.

Age	Upper Arm L.
Height	Fore Arm L.
Weight	Hips
Chest Contracted	Thigh R.
Chest Expanded	Calf R.
Waist	Thigh L.
Upper Arm R.	Calf L.
Fore Arm R.	Ankle
	Neck

We hereby certify that the above measurements are correct. (SIGNED),

Name..... *Name*.....

All Photos sent in must have the name of the Competitor written plainly on the back, and, if possible, the measurements should be witnessed by at least one medical man.

Sandow's Sports Bureau Coupon.

With a view to providing a medium whereby readers of his Magazine may obtain the best advice in the selection of various sporting implements, Mr. Sandow has secured the co-operation of experts in various branches of sport, whose opinions will be given free of all cost.

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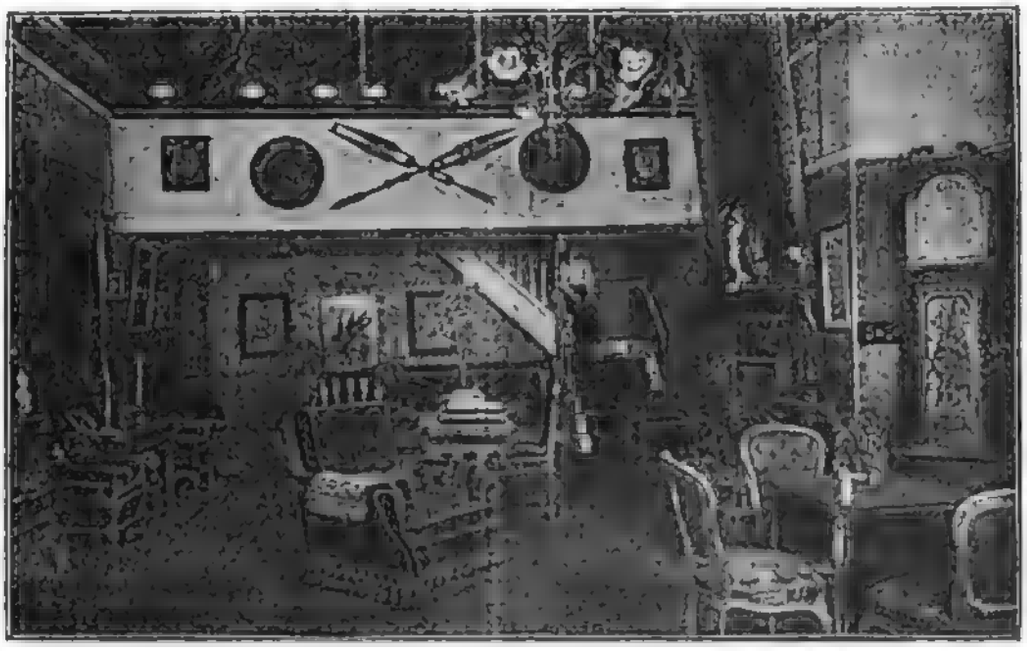

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"**The high priestess** of beauty resides in the neighbourhood of Portman Square. Her house is the resort of great numbers of ladies who seek her professional advice and assistance. Here comes the young lady of title who wishes to be presented at Court, but whose uncomely arms she is naturally ashamed of exposing to public view. Here comes the lady trembling on the threshold of the 'old maid' age, who ascribes her ill-luck to an ugly 'port-wine' stain disfiguring her right cheek. Here comes the charming widow whose first experience of matrimony has encouraged her to a second trial, and who wishes to improve her chance by the erasure of premature wrinkles. Here, also, come the little governess, the typewriter-girl, the milliner's assistant, and the shop-girl, who know the value of good looks in a business career, and who have put aside some of their earnings for a visit to the beauty doctor. Here, also, come numbers of men, for it is not the fair sex only who believe in the power of good looks. Men have their little vanities, even though they talk about them less than their sisters. But it is not vanity alone which brings a man here. He can hardly be accused even of that amiable vice if he is the victim of a large wart at the tip of his nose, or if he is hindered, perhaps in temperance work, by a nose as red as Bardolph's, and without that worthy's excuse."

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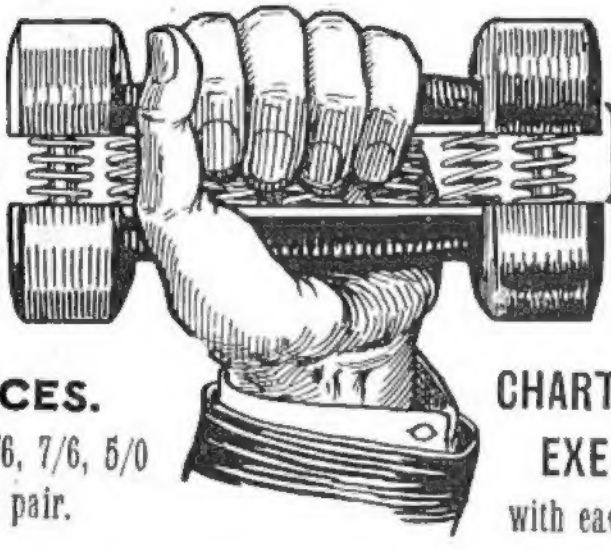
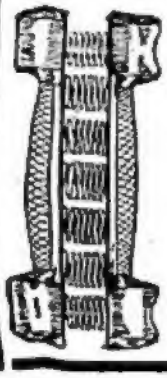
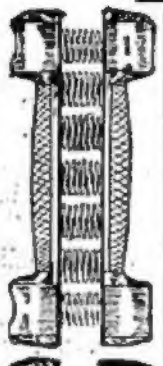


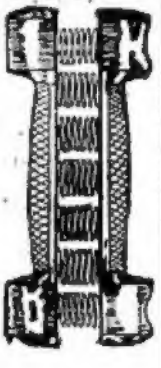


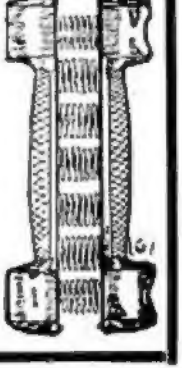
PRICES.

12/6, 10/6, 7/6, 5/0 per pair.

CHART OF EXERCISES with each pair.







THIS APPLIANCE IS VERY SIMPLE, and cannot go out of order. It consists of a Dumb-bell made in two halves, separated about 1 inch from one another, the intervening space being occupied by small steel springs, which may be of any strength, and easily removable to vary the resistance.

When exercising, the springs are compressed by gripping the Bells, and bringing the two halves close together, in which position they are kept until the exercise is over. They are suitable for all ages.

The pupil who possesses these Bells will find that instead of having to be continually buying heavier Dumb-bells, **One Pair will suffice him for all time.** All that it will be necessary for him to do will be to purchase, at a small expense, new springs from time to time. All pupils are advised to use the **"Grip" Dumb-Bell,** upon the merits of which I need not enlarge.

I have always taught that muscle is developed **by will-power,** not by mechanical movement, and the simple principle of this latest invention is, by calling forth a **continual Exercise of will-power, to obtain results impossible with any previous Dumb-Bell.**

Yours faithfully,

EUGEN SANDOW.

The Dumb-bells can be had from Athletic Outfitters, Sporting Goods Dealers, and Our Agents throughout the World, as well as direct from The

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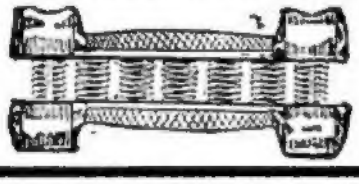
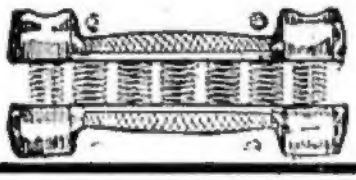
SANDOW HALL, SAVOY STREET, LONDON, W.C.





AMUSEMENTS.

THEATRES.

ADELPHI—At 8, "Under which King?" Mat. Wed. at 2.30.

APOLLO—At 8-15, "Veronique." Mat. every Wed. at 2.

AVENUE—Every evening at 8-15. Mr. Charles Hawtrey in "The Message from Mars."

CAMDEN, N.W.—Every evening at 7-30, A First class Company. Mats., Wed. and Sat. at 2.

COURT—Vedrenne-Barker Season—at 8-15. Mat. Wed. at 2-30.

COMEDY.—Every evening at 9, William Collier in "The Dictator" (from America). At 8-30, "The Philosopher in the Apple Orchard." Mat. Sat. at 3.

CRITERION—Every evening at 9, "What Pamela Wanted." At 8-30, "That Eastern Anomaly." Mat. Sat. at 3.

DALY'S—Every evening at 8, "The Little Michus." Mat. Sat. at 2-30.

DRURY LANE—Henry Irving and Company in "The Merchant of Venice," at 8. Mat. Sat at 2-30.

DUKE OF YORK'S—Miss Ellen Terry and Miss Irene Vanbrugh in "Alice Sit-by-the-Fire," by J. M. Barrie. Preceded by "Pantaloon." Mat. Sat. at 2-30.

GARRICK—At 8-30, Mr. Arthur Bourchier and Miss Violet Vanbrugh in "The Walls of Jericho." Mat. Wed. and Sat. at 2-30.

GRAND, Islington—At 7-30. A West-End Company.

HAYMARKET THEATRE—At 8.20, "The Cabinet Minister." Mat. Wed. and Sat. at 2.30.

HIS MAJESTY'S—Mr. Tree—Every evening at 8-30, "Business is Business." Mat. Wed. and Sat. at 2-30.

IMPERIAL—Mr. Lewis Waller in "Monsieur Beaucaire." Mat. Wed. and Sat. at 2.

LYRIC—Mr. Martin Harvey's season opens. Mat. Wed. and Sat.

MARLBOROUGH, Holloway—At 7-30. A West-End Company.

NEW—At 8-15, "Leah Kleschna." Mat. Wed. and Sat. at 2-30.

PRINCE OF WALES'—At 8-15, "Lady Madcap," a new musical play. Mat. Wed. at 2-15.

ROYAL OPERA, COVENT GARDEN—Opera Season.

SAVOY—Miss Maxine Elliott in "Her Own Way," at 8-30. Mat. Wed. 2-30.

SHAFTESBURY—Every evening at 8, Miss Tita Brand's Company in "Renaissance."

ST. JAMES'S—Mr. George Alexander—At 8-30, "The Man of the Moment." Mat. Wed. and Sat. at 2-15.

VAUDEVILLE—At 8-15. "The Catch of the Season." Mat. Wed. and Sat. at 2-15.

WALDORF—Duse in "Magda," &c., at 8-30, and Grand Opera. Mat. Wed. at 2-30.

WYNDHAM'S—Every evening at 8-45. "Mr. Hopkinson," a farce by R. C. Carton. Mat. Wed. and Sat. at 3-0.

VARIETY THEATRES.

ALHAMBRA—At 7-45, Grand Varieties. New Ballet Divertissement, "My Lady Nicotine." Up-to-date Pictures on the Urban Bioscope. Manager, Mr. George Scott.

COLISEUM—Four performances daily, at 12, 3, 6, and 9. Seats in all parts numbered and reserved. Prices from 2 guineas to 6d. Mr. Oswald Stoll, managing director.

EMPIRE—Varieties, the Biograph, &c. Doors, 7-45. Manager, Mr. H. J. Hitchins.

LONDON HIPPODROME—Daily, at 2 and 8 p.m. An entertainment of unexampled brilliance. Managing Director, Mr. H. E. Moss.

LYCEUM—Every Evening at 7-45. Mat. Wed. at 2-30. Managing director, Mr. Thomas Barrasford.

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TIVOLI—Varieties. A Galaxy of Stars. Doors, 7-30. Sat. Mat. at 2-15.

CONCERTS.

NATIONAL SUNDAY LEAGUE—Every Sunday Evening, at 7, Grand Concerts at Queen's Hall and Alhambra. Secretary, Henry Mills, 34, Red Lion Square, W.C.

ENTERTAINMENTS, &c.

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